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2008 November-Newsletter

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Life Renewal Institute Newsletter

Vol. 23

251 Stenton Ave., Plymouth Meeting, PA 19462

November 2008



"Courage is resistance to fear, mastery of fear, not absence of fear. Except a creature be part coward, it is not a compliment to say it is brave." ~Mark Twain



Editor's Corner

Pumpkin Pie & Praise

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"A friend is one that knows you as you are, understands where you've been, accepts what you have become, and still, gently allows you to grow." – William Shakespeare

Happy Thanksgiving to all of you. Is it really time for another one already? Seems almost like yesterday when we sat down with family to celebrate the last one. What a fun time for connecting with those that we love and care for.

Reading Nancy's blog, "[*Connections*](#)", this week, made me think of one of the questions in group this past week. *"What activities do you engage in outside of your work that are done for the sole purpose of connecting with another and giving of yourself to that person?"*

In the past I didn't know how to connect with others. I spent more time using the push/pull technique, trying to be invisible, and/or placate if needed. I had no clue how to connect with someone at the heart level. My brain did the connecting and I rarely allowed my heart to get involved. If I did, I might get hurt and I was all about protecting myself from hurting in any way.

I have two very dear friends, Kay and Lisa, who helped me learn how to really connect. The three of us were in a "[*Binding the Wounds*](#)" group together for 22 weeks admitting the hard stuff, slowly removing our masks, and telling the truth about who we really were and the struggles we each faced. It was grueling hard work, but at the end, we had a heart connection like I had never experienced before. Even though that was 7 years ago, we continue to connect, check up on each other, and hold each other accountable by asking the hard questions when needed.

During the holiday season, I look for connection with family and friends even more. Take some time this year to purposely connect heart to heart with someone and let them know what you appreciate about them.

We are always looking for new stories, testimonies, comments, and suggestions. I look forward to hearing from you.
audrey@yourLRI.com

Audrey Woods



By Ron and Nancy Rockey



This month we celebrate one of my favorite holidays. It's the time for pumpkin pie (my favorite) and the winter vegetables we love. The air is crisp and people are generally pleasant. They aren't worrying about getting out their

Christmas Cards just yet, or frustrating over not having enough money to purchase the needed Christmas gifts. People are focusing on family, food, fun and giving thanks. Airlines report that Thanksgiving is the busiest travel holiday!

When I was a kid, Thanksgiving had only one positive, and that was that I got to go to a high school football game with my father. We would drink hot chocolate and bundle up in blankets while cheering on our team. My mother always had to work, so that she could be guaranteed Christmas off, so dinner was not the Thanksgiving type, albeit my grandmother would do her best to make it pleasant.

Ron remembers all holidays as troublesome. There was always far too much arguing and someone was always in trouble. One such Thanksgiving, he begged for the turkey's drum stick - and it was granted to him. But it ended up being more than he could consume at one sitting, so he was punished by having to sit on a strait chair for four hours. For Ron, holidays bring back unpleasant memories - too much pain and too much liquor consumed by the adults!.

We have a few Thanksgiving traditions now that we are adults. We have good friends that we are together with most years. Sometimes we get to go to Florida to our daughter and her family, but this year we are all getting together for a Christmas time reunion, so Thanksgiving is with our friends.

Donna will come over on Wednesday morning, and we'll begin the preparations. Apple and pumpkin pies (and we have a secret recipe for pumpkin and make the best around.) Well we think so anyway. We'll peel vegetables, and we usually have about six different ones. We will make ourselves a sandwich and a cuppa' tea for lunch, and her hubby will come for supper.



On Thanksgiving Day the troops will arrive. Everyone brings something, appetizers, a salad, beverages, and we make a day of it. The men watch a football game or two, and the ladies prepare the meal. The men clean up - well, most of the time. We

have wonderful conversations, we may play a game or two, but one of the things I like the most, is that at dessert time, we'll go around the table and say specific things we are thankful for. We are praising, expressing gratitude and encouraging one another with our words.

We have heard it said, that one of the best and most effective things you can do for raising your spirits, is to make a list of those things for which you are grateful - thankful. Actually, there is a scientific reason for that.

"The practice of gratitude can increase happiness levels by around 25%, and this is not hard to achieve - a few hours writing a gratitude journal over 3 weeks can create an effect that lasts 6 months if not more...Cultivating gratitude brings other health effects, such as longer and better quality sleep time.." - Professor Robert Emmons, Editor-In-Chief of the Journal of Positive Psychology and Professor of Psychology at UC Davis.

More than a hundred adults were all asked to keep a journal, and were randomly assigned to 3 different groups.

- Group A had to write about things they felt grateful for.
- Group B about things they found annoying, irritating.
- Group C about things that had had a major impact on them.

Two out of the three different experiments were relatively intense and short term (keeping a daily journal for 2-3 weeks), while one required a weekly entry during 10 weeks.

Across the 3 different studies it was found that people in the gratitude group generally evidenced higher-levels of well-being than those in the comparison conditions, especially when compared to Group B (the one journaling about hassles), but also compared to the "neutral" group.

In the longer study, which ran for 10 weeks, a positive effect was also seen on hours of sleep, time spent exercising, more optimistic expectations for the coming week, and fewer reported physical symptoms, such as pain. Additionally, an increase in reported connectedness to other people and the likelihood of helping another person deal with a personal problem, were observed..

The benefits seem to be very similar using both methods in terms of enhanced happiness, health and wellbeing. Most of the outcomes are self-reported, but there is an increasing emphasis on measuring objective data such as cortisol and stress levels, heart rate variability, and even brain activation patterns. The work of Richard Davidson is exemplary in that respect, showing how mindfulness practice can rewire some activation patterns in the frontal lobes.

Professor Robert Evans studies gratitude for a living as Professor of Psychology at UC Davis and is Editor-In-Chief of the Journal of Positive Psychology. He has just published "Thanks: How the New Science of Gratitude Can Make You Happier", an interdisciplinary book that provides a research-based synthesis of the topic as well as practical suggestions.

Researchers at the University of Connecticut found that gratitude can have a protective effect against heart attacks. Studying people who had experienced one heart attack, the researchers found that those patients who saw benefits and gains from their heart attack, such as becoming more appreciative of life, experienced a lower risk of having another heart attack.

Medical science agrees with the Bible! **Thankfulness and gratitude are important and valuable to the wellbeing of an individual.** In Philipians 4:6 we read:

"Do not fret or have any anxiety about anything, but in every circumstance, and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace (shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace) which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus." (Amplified)

It would seem that this text implies that if we make our requests known to God "with thanksgiving," God's peace will be ours. Our gratitude, our thanks, enhances our state of inner peace. Inner peace helps us physically, because the stress hormones our bodies produce (cortisol, adrenaline and nor-adrenaline) will be in normal or healthy amounts rather than in larger unhealthy amounts.

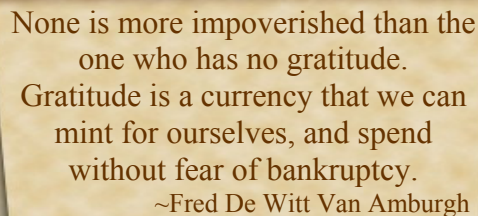
In the book of Ephesians we are counseled:

"At all times and for everything giving thanks in the name of our Lord Jesus Christ to God the Father."
Ephesians 5:20

If you are at all like me, the first impulse when a disappointment or a hurt comes my way is NOT to give God thanks for it. My first impulse is to feel the stab of pain and be either saddened or angered by it.

One of Ron's favorite things to champion, and he's right, is that **nothing happens to me without God's divine approval.** Even the negative and hurtful things that arrive at our doorstep (and yours) are for a purpose. We should be asking, "OK God, what are you trying to tell me about myself that you allowed this hurt or injustice to occur?"

Many times Ron and I have looked back on periods of pain and disappointment in our forty-three years together, and thanked God for those experiences. Why? It was because those experiences prepared us for a duty that was to come our way, or they kept us from a greater tragedy. They taught us valuable lessons as well.



None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.
~Fred De Witt Van Amburgh

I recall an incident that occurred much earlier in our marriage. We were to go on a trip that would take us from New England, south through New Jersey to our destination. Something transpired in our district that prevented that trip. We were extremely disappointed! But, had we taken it, ours would have been one of the hundred cars piled up in the greatest multiple accident that New Jersey and possibly the country has ever seen. A thick fog had rolled in from the ocean, and it was impossible to see the cars already piled up inside the fog. Many were seriously injured and several died in that huge wreck.

Should we give thanks for physical pain too?
Absolutely! Pain alerts us to a problem. Without the pain we would not know that we have a medical problem that needs to be cared for. These are times for lying back in the arms of God for comfort and consolation.

We look back on the early years of our marriage and wonder how we survived the inferno that was lit the day we married. It took a few years for the heat to reach scorching proportions, but when it did, both of our children and both of us were badly scarred, but not defeated. It was the turmoil and the dysfunction of those first years that sent us on the road to healing; that made us determined to discover **WHY** we had so many issues with each other. And it was those tumultuous years that gave us our mission and our passion for it. **Just like in the physical realm, it was our pain that alerted us that something was terribly wrong within us.**

Scripture tell us that **God inhabits our praise** - that means He lives within it. WOW! How amazing that praise gives us the privilege of being in close proximity to our God - He dwells within.

So, giving thanks is good for the body, for the emotional make-up, and for our spirituality. Therefore, on Thanksgiving Day at our house, as we gather with very special friends, you can be sure that even in this time of economic insecurity and uncertainty, we will thank God for each other and for the assurance of His care, His protection and His grace (God's unmerited, divine assistance for the regeneration and sanctification of us all.)

Enjoy your Holiday with your family and your friends, and don't forget to thank God for them!

Letters to the Editor

I like the quote in this month's (Oct 2008) newsletter to a point. *"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind"* – Dr. Suess

I would like to advocate for the value of an addendum.

There is a place for rudeness. There is even a place for in-your-face crudeness. But those places are so very rare.

One can almost always express who they are and what they feel in terms and methods that are courteous. Increasingly however, nowadays, folks feel free to express themselves and their feelings in the crudest rudest possible manner, to anyone they choose. Witness many of the lyrics in today's pop music.

This is offensive BOTH to those who matter and those who don't.

Complicating the issue further, sometimes those whom we think don't matter today turn out to matter horribly tomorrow, when yesterday's rudeness rises up and gnaws a large bite from our hindmost extremities.

Courtesy as a framework for all of our communications, on the other hand, never costs us, and never need cause us future worry. We can say what we mean, and stick by it just as well courteously as rudely.

In the meantime, the courtesy itself tells others something good about us. A winner all around.

... anyway, my 2 cents. I do like the quote. But a generation ago, when the good Dr Suess wrote it, the courteous framework would have been taken for granted. Nowadays, it seems to MEAN, "Yell, cuss, call names, be offensive." Don't know why that is, but I see an awful lot of it.

Thanks for doing such a nice job of these newsletters.

~ Cecil Wiedemann - Florida

Note from the editor:

Thank you for the feedback. The intent of this quote was about people being real about who they are, what they feel, and where they came from instead of living in denial for fear of what someone might think of them. It certainly was not met to give anyone permission to be rude, crude, or discourteous.

This is a good reminder that not everyone looks at things from the same framework. Personal experience tends to determine how we interpret things.

Send your letters to the editor to audrey@yourlri.com



Questions & Answers



Q: I feel empty. While I have everything I need and most of the things I want, I still don't feel complete. I keep feeling like something is wrong, missing, and try as I do, I can't figure out what and why. Got any thoughts?

A: Here's a cliché type answer for you . . . many say that "if you feel empty, there's a hole shaped like God in your heart. It's where he belongs." To a degree the old cliché is true, yet there can be other reasons for feeling empty and, out of sorts.

Look back to your earliest memories and if possible check with someone who's in the know about the time you were in the womb. What was the relationship like between your parents? Were you a "wanted" child? Then, what was your birth like? - natural, c-section, difficult, lengthy, were forceps used? Were you able to be with your mother and your father immediately after birth, or was mother asleep and you whisked away to the nursery? Those first four hours right after birth are for parents to bond with the child and the child to attach, to feel like they are where they belong. These pieces of the puzzle have great impact and set the stage for feeling like you belong or you don't. Abuses you may have received complicate the issues.

Let's refer back to the cliché now. It is true that God places within each person a desire a need to belong. He says repeatedly in His word that we belong to him, but many don't feel that's true. WHY? We don't feel that it's true because we didn't feel like we really belonged in our original family. Mom and Dad may have been too busy, to wounded to bond to us. Lack of connection then sabotages our ability to connect later in life - with others and with God. Our relationships remain superficial instead of deep and fulfilling.

Because the human brain is designed to see to it that we will survive (mind and body) we develop techniques to fill our own needs, but these techniques pull us further and further away from the intimate relationships that we crave and need, leaving us empty,

In addition, each of us were gifted with an extra supply of oxygen to one area of the brain, making that area run with ease. When we live out of the quadrant of the brain, we shine in, we don't, we have to steal oxygen from the body to function elsewhere in the brain. This is exhausting and can lead to physical and mental complications, including depression.

Inventories are available to define and explain the later, brain related issues you may have. Personal history taking and knowledge available in *"The Journey"* can help you with early wounds. [Contact LRI](#) to see if there's a [Journey](#) group starting in your area, and if not, consider starting one. There are many other who feel like you do, who would equally benefit from [The Journey's recovery Process!](#)

What Others are Saying:

I first became aware that I was in extreme mental/emotional pain for no "apparent" reason in 2005 (before that I always had some reason, but this was a huge hole inside even though my life looked fine on the outside). I went to a therapist (went to several therapists before that and since then) and got a few bits of help. The major expressions of this pain have been: I don't know my heart, I don't listen to my intuition, I've been distant from God, I don't have a life purpose, I don't know what I know, but always doubt, question, vacillate and second-guess myself. Wrapped around all of that, I've been angry and frustrated--again, for no apparent reason.

Last March, on the advice of my latest therapist (and God-willing, my last), I attended a Rockey seminar. I immediately enrolled in a group and have only gone through 2 of the 4 segments in *"The Journey"*. But, Wow, I've learned so much. One of the most encapsulating insights for me is that because I didn't/couldn't connect to either of my parents, I've never connected to myself and I have a huge empty hole inside me. My "life of pain" has gone like this: Pain and Emptiness from my childhood - Anxiety and Depression - Pump up my ego to compensate - Get a left brain job (I'm very much right brain) because I believe life is hard - React (get married, adopt a child, work a job I don't want, buy stuff, have to manage it all) - Get more anxious - Stay busy to mask the pain (God is nowhere in the picture).

I'm starting to get a different vision for my life. What if I stop my busyness, start assuming that Life is easy - God is with me - I can find a fulfilling job predominantly using my right brain - Worry less because I trust God - Stop reacting and start living my life with intention and self-awareness?

I've still got a lot of healing to do. Even though I didn't connect with my parents, I can connect with me. And that's what matters. Thank you, Ron and Nancy, for showing me the way.
- Lynn Putnam



Why do girls sometimes seem like alien beings? Find out—*For Young Men Only* reveals the real truth about what teenage girls think, what they want, and how average teen guys can build healthy friendships with high quality girls. Drawing on a fresh national survey of 600 teen girls, as well as hundreds of personal interviews, FYMO delivers help straight from the girls themselves in a fun, easy-to-read, easy-to-talk about format. **New to the LRI Library. \$13.99 + S&H**

See sale flyer below for **special on phone orders only**.
[Order online here](#) or call 1-888-800-0574

Attention!

We need the NAMES of ALL those who have facilitated either Binding the Wounds or The Journey or have been trained to facilitate.

We are planning on launching a quarterly newsletter especially for Facilitators containing informational articles, a Q and A section, news about the ministry and upcoming products, suggestions to enhance classes and many other valuable items to facilitators. We want to do a better job of keeping in touch with facilitators, offering help and tools of the trade. Also in the planning is a periodic conference call with Ron and Nancy for facilitators to ask questions, give suggestions and connect with each other

Having your information will help us refer students to your groups, as we are frequently asked if there is a group in a particular area.

PLEASE send in your name, address, e-mail address and phone number to: audrey@LRInstitute.org ASAP! The sooner we have this information, the sooner you as a facilitator will receive your special newsletter. If you know of facilitators, please pass the word along!

Upcoming Live Events 2009

Date	Place	Seminar
Jan. 10 – 11	Miami, FL	Acceptance
Jan. 31 – Feb. 2	Maine	Clergy Marriage Retreat
Feb. 13 - 15	Czech Republic	Marriage Healing
Feb. 20 - 22	S. New England	Marriage Retreat
Feb. 27 – March 1	Cape May, NJ	Couples Retreat
March 20 – 22	Columbus, OH	Evangelism Retreat
April 4 – 5	Portland, OR	Why?
April 18 – 19	Vancouver, BC	Why?

The unthankful heart...discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessing. ~Henry Ward Beecher

Christmas Sale!!



Not sure what to give your loved ones for Christmas? Give them a chance for beginning the road to emotional health.

Mention this ad for discounts.



Phone orders only 1-888-800-0574



Buy 3 or more and get \$2 discount per book



How wonderful it would be if we could help our children and grandchildren to learn thanksgiving at an early age. Thanksgiving opens the doors. It changes a child's personality. A child is resentful, negative—or thankful. Thankful children want to give, they radiate happiness, they draw people. -- Sir John Templeton



For many people the needed relief and comfort found in God is hidden from view by the intensity of the wounds to their souls. Watch with Ron and Nancy as the audience begins to understand that all hope is not lost and that recovery and joyful living is within their grasp. Includes one seminar outline booklet.

Sale: \$99.50 + S&H. Phone orders only for sale price.
Regularly \$199.00 + S&H
Order online here or call 1-888-800-0574

In this book men learn what makes women tick! Why does she always want to "talk" so much? Why do I feel that I always say the wrong thing when I want so much to help? **\$14.99 + S&H.**

See sale flyer above for **special on phone orders only.** Order online here or call 1-888-800-0574



Want to understand his secret desires and fears? Why can't he express himself the same way you do? **\$14.99 + S&H.**

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Having a hard time understanding your children? This book takes you inside the minds of teens and preteens? **\$12.99 + S&H.**

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Available Seminars

Attachment



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience that produces within you thoughts and feelings about yourself and others. Your "software" was programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you have received.

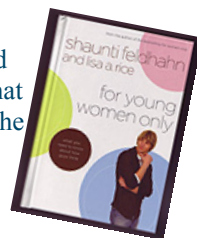
Why?



This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, "Why do I do what I do? Why does no one love me? Why can't I get along with others? Etc.

If you would like a live seminar in your area, please contact Audrey, audrey@yourlri.com for details and scheduling.

Guys will be guys. And now girls can know what that means! Dive into the inner workings of the teenage male mind. **\$13.99 + S&H**



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New Jersey Conference Family Ministries Couple's Retreat

February 27- March 1, 2009



1045 Beach Ave.
Cape May, NJ 08204

Special Guest Speakers
Drs. Nancy & Ron Rockey
<http://www.yourlri.com>

- * \$25.00 Early Registration Fee (Before December 15)
- * \$35.00 Regular Registration Fee (Before February 2.)
- * \$50.00 Late Registration Fee (After February 3)
- * \$362.00 Hotel and Meals:
 - 2 Nights - 3 Days
 - Three Buffet Meals on Saturday
 - Breakfast on Sunday
 - Rewarding Seminars



Nancy & Ron Rockey

For more information please contact:
Ruth Covell - FM secretary at 609-392-7131 or rcovell@njcsda.org

Registration Deadline February 12, 2008

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Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item

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	Changes that Heal – Workbook		\$12.99		
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	For Men Only		\$14.99		
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	Binding The Wounds – CD – audio seminar		\$99		
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